

April 1975

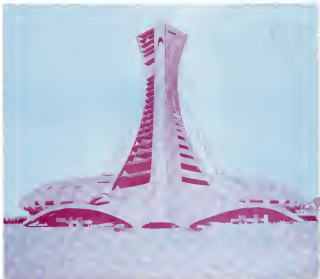
# usgf

## NEWS

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Official Publication of the United States Gymnastics Federation P.O. Box 46399 Tucson, Arizona 85717 U.S.A.

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## Cover

### **The Olympic stadium**

The stadium, whose elliptical shape is evocative of a giant seashell, will normally have 58,500 seats. But during the Games it will accommodate more than 70,000 spectators for the competitions and various ceremonies.

It measures 480 metres at its main axis and 380 metres at its short axis.

It has six levels which, rising from the ground, accommodate, level by level, the following services:

Dressing rooms for baseball and football athletes, rooms for judges of the various competitions as well as all pertinent technical equipment and a medical centre.

Reception rooms and offices for officials.

Main press centre which takes up two levels and will become seven indoor tennis courts after the Games.

Press sub-centre and services.

Public level, with all entrances to the stadium leading to the first tier of stands. Starting from the lobby, this level is serviced by ramps and escalators for smooth flowing circulation and quick dispersal.

Press box with filming and broadcasting facilities, private boxes and panoramic restaurant, which form an intermediate mezzanine which will be of fundamental use in the football arrangement of the stadium.

Sports museum on a partial level, open to all the cultural memorabilia of a sports event.

The service level contains bath-rooms and showers, dressing rooms and refreshment kiosks, with a total area of 136,000 square metres (1 million sq. ft.).

The normal complement of 58,500 seats is divided into three levels—lower stands, 31,000; mezzanine, 2,500 and upper stands, 25,000.

After the Games, the track, an integral part of the stadium will be covered by the artificial turf of the playing field.

Nearly 20,000 seats will be installed on temporary stands in an area not required by baseball and football but essential to an Olympic arena.

# The United States Gymnastics Federation

P. O. Box 4259 • Tucson, Arizona 85712



USGF

## EDITORIAL: April 1976

The last meeting of the F.I.G. Executive Committee was conducted in Lausanne, Switzerland just a few weeks ago. There are a number of very significant items on tap for discussion at the coming Congress in Bern (May). One of those is that the World's Gymnastics Championships be held every year (not every four years as currently held). Many sports are moving in this direction and it seems the way for gymnastics to go, so the Bern congress will be asked to approve the proposal in principal and it will be voted upon in Montreal in 1976.

Historically, the F.I.G. Technical Women's Assembly has been 'out of bounds' for men. They have never had the right to speak, and certainly never been recognized as delegates to the women's meeting even if their country could only afford to send one man to the over-all congress. The Executive Committee voted to allow men to be delegates to that Assembly, with both voice and vote. It's a positive step, and it was also agreeable that the Technical Committee (FIG) remain with women members only.

One item that is bad is that the Olympic Compulsory routines for men and women are changed (see women's drawings this issue). It is extremely late to be making such changes. In that light this office has asked Muriel Grossfeld, as national women's coach, to attend the F.I.G. Congress in Bern for the USGF to ascertain as completely as possible the final versions of the routines for Montreal. It is her task to assist in the training of the girls for Montreal and therefore we deem nothing more important than this goal. She can attend the Technical Assembly and in light of the fact that there are no elections this year and no need for candidates or pol'icking for such decisions, she can concern herself with the single important task of obtaining the best definitions of the routines available. We understand the men's routines are also still in the process of being changed but are not yet ready.

The United States has bid on the 1978 World Championships and has been placed on the agenda for voting in Bern. The event would be in November of 1978, unless the change is made to have a world event each year in Montreal, in which case we may ask to host it in 1977. We also have several other items on the agenda for the coming Congress which will be decided by the 60-plus nations that more than likely will attend. It will be the first formal meeting since the special congress in Montreux and the tone of the meetings should be interesting.

The U.S.S.R. Tour of last November was extremely successful and to that end, we have invited the teams back again in early December of this year for another nine-stop tour with five new cities included in the early planning. More on that event in months to come. The USGF Congress is in Denver in November ... don't miss it!

For the U.S. Gymnastics Federation,

*Frank L. Bars*  
Executive Director

# INTERNATIONAL REPORT



The International Gymnastics Federation and a number of constituent members are discussing major changes in program for the gymnastics world. Many are bold and innovative and in my personal opinion in the best interest of the sport.

I hope you will accept the report for what it is and forgive me for moving rather quickly and in some case inconclusively from one subject to the next. This is an informal, unofficial report designed to bring you up to date on discussion items and subjects that are of mutual interest to all involved in gymnastics.

The Olympic Games will open on July 17, 1976, and the gymnastics competition begins the 18th. In order to keep within the restrictions imposed by IOC Article 25 concerning preparation time for teams, the F.I.G. discussed at length the approved time for training Olympic team members. The results were that each team could prepare "officially" for 10 days each month, for a period of five months in a row beginning seven months before the Games. The last two months before the Games they may prepare (train) for twenty days each month. According to the IOC Article (see other page this Newsletter), a gymnast may be reimbursed for lost wages during this "official" preparation time. They may also have training expenses such as travel, meals, and lodging covered.

Gymnasts, or any other amateur athletes according to the IOC may NOT allow their photos to be used in commercial catalogs advertising equipment, clothing or other items. UNLESS there exists a contract between that Company and the National Federation, National Olympic Committee or the International Federation. This will be an interesting item to challenge since it will be contested I am sure if a company owns their own photos and decides to use them in their own catalog can these national federation or Olympic committee force them to stop?

## Candidates for future events

European Championships for Men (1977)	USSR Germany Spain
European Championships for Women (1977)	Czech Spain U.S.A. Soviet
World Championships (1978)	



The 54th Congress of the F.I.G. will be held in Montreal, Canada before the Olympic Games open.

Director's Committee will meet July 10-13

Men's Tech. Assembly will meet July 13-14

Women's Tech. Assembly will meet July 13-14

General Assembly will meet July 15-16

Games open on the 17th

Qualification system for the 1976 Olympic Games: Period October 17 1975 to April 17 1976

Host nation for a qualification trial must submit application for the event three months in advance. One neutral judge must be present from the F.I.G. and the names of other judges must be submitted to President of F.I.G. Technical Committee for approval. Two or three nations should participate and a gymnast to qualify, must receive a minimum score of 8.65. A more detailed report on this system will be sent you by the F.I.G. very soon.

MEN may now be delegates to the Women's Technical Assembly, with Voice and Vote. For the time being they may not alternate in position on the Technical Committee for Women.

The two Technical Presidents (men and women) will no longer have the right to vote on the Directing Committee, but will attend such meetings and have voice. (This will be voted on in Bern at the coming Congress.)

It was voted to recommend to the F.I.G. Congress in Bern that the F.I.G. conduct a World Championships every year beginning in 1977, and that a World Cup also be held each year with the World Cup each Spring and the World Championships each Fall. The Congress 1976 will be asked to approve this in principle.

The World Championships in Modern Rhythmic Gymnastics are set for Madrid, November 20-23, 1975.

The Mediterranean Games will be in Algiers, Sept. 1-7, 1975 and will, for the first time, include women's gymnastics. There will be a post Olympic event in Montreal this coming July (1976) from July 28-31.

Gymnastics will be in Berlin, July 15, 1976, and the USSR will not participate due to a conflict of scheduling, and 94 other nations have already entered more than 5,000 athletes.

THE F.I.G. CONGRESS, BERN, Switzerland for 1976 is set as follows:

Technical Assembly 28 May  
General Assembly 29-30 May  
Agenda items will appear in the No. 1 F.I.G. Bulletin for 1975.

My best wishes to each of you and I look forward to seeing you in Bern for the 1976 F.I.G. Congress.

Frank J. Bore,  
Executive Director  
U.S. Gymnastics Federation



# INTERNATIONAL WOMEN'S DAY INVITATIONAL COMPETITION COMPETITIVE RHYTHMIC GYMNASTICS CHOMUTOV, CZECHOSLOVAKIA MARCH 7-8, 1975

This meet is an annual Czechoslovakian invitational competition. It is always held on "International Women's Day," which is celebrated in many countries in place of our "Mother's Day." Traditionally, the site is always different and is capably sponsored by the local "Fabrika," or local industry.

## Participants

U.S.A. Competitors:	Katherine Bryn
	Candace Fainberg
	Nancy Koetke
U.S.A. Judges:	Norma Zabka

Twelve countries competed including Austria, Belgium, Bulgaria, Cuba, Czechoslovakia, East Germany, France, Netherlands, Poland, U.S.A., USSR, and Yugoslavia. Visiting countries were invited to bring two competitors. The U.S.A., Cuba, and the USSR were permitted to enter the three gymnasts they brought along. Total number of competitors was 32. Thirty-four started, but one Bulgarian and one Czech dropped out due to injury.

Prior to arrival, it was planned that Candace Fainberg (Nevada) and Katherine Bryn (Illinois) would compete for the USA. Nancy Koetke was selected to observe.

## Program

The program was the same as for the upcoming World Championships to be held in Madrid this fall. The four events were hoop, ball, ribbon, and Indian clubs. All were optional routines except for the Indian clubs, where eight required elements (two superior and six medium) were to be included. Clarifications and corrections of these compulsory elements as were made in Madrid were not necessary, as it was felt that this competition was too close to the Madrid course and many probably have not received the clarifications. Therefore, wide latitude was permitted in the execution of the elements. Each competitor performed two routines on each of the two days of the competition.

## RESULTS

### All-Around Winner:

1st	Mironova	— USSR*	37.35
2nd	Yevluzenka	— USSR	37.25
3rd	Gorazenko	— USSR	37.20

\*Czechoslovakia

## Hoop

1	Mironova	— USSR	9.35
2	Yevluzenka	— USSR	9.30
3	Gorazenko	— USSR	9.25

## Ball

1	Yevluzenka	— USSR	9.35
2	Gorazenko	— USSR	9.35
3	Vassure	— USSR	9.35

## Ribbon

1	Mironova	— USSR	9.40
2	Yevluzenka	— USSR	9.30
3	Gorazenko	— USSR	9.30

## Indian Clubs

1	Mironova	— USSR	9.40
2	Yevluzenka	— USSR	9.30
3	Gorazenko	— USSR	9.30
4	Vassure	— USSR	9.30

## U.S.A. RESULTS

### All-Around:

32nd	Nancy Koetke	33.90
37th	Candace Fainberg	32.95
38th	Katherine Bryn	32.35

At an organizational meeting prior to the competition, it was announced that this would be a "brandy meet." The scores reflect this. In addition, the hand apparatus was not weighed nor measured, routines were not timed, and "appropriate costume" requirements were not considered.

The awards were particularly lovely. Rather than medals or trophies, the prizes included items such as beautiful Bohemian cut-glass vases, pitchers, trays, glasses, dolls in authentic Czechoslovakian costumes, and paintings.

## Organization of Meet

One floor exercise mat was used. Four sets of judges were available. Each participating country had one judge (except for Bulgaria, who was late in arriving) and Czechoslovakia provided four judges, one to serve in each discipline plus two superior judges. The director of the Meet was V. Drabova and she was assisted by B. Petruza. Half of the competition competed in clubs and ribbons one day and ball and hoop the next day. The other half had a reverse program. This permitted the audience on either day to see four events. Throughout the program, the events were alternated.

## Hospitality

From the moment of arrival to the

moment of departure, it was obvious we were guests of the Czechoslovakians. The first night all participants stayed at the Park Hotel in Prague. At 8:00 a.m. the next morning, a bus drove us to Ustice about two hours away from Prague. This one is located in a heavy industrial and mining area of Czechoslovakia. We slept in what appeared to be sleeping quarters for local industry apprentices. The competition was held at Chomutov, which is a 15-minute drive from Ustice. The competition began at 8:00 p.m. on Friday.

Each team was permitted 20 minutes' practice time. On Saturday, each team had 15 minutes for practice and the competition began at 2:00 p.m. The meet was televised on Saturday. Following the competition, a more formal meal was prepared and a few speeches officially closed the celebration of "International Women's Day." Buses left the next morning — one directly to the airport and one to Prague. Arrangements were made for those who remained in Prague until Monday to stay at the International Hotel. I returned home, but the three girls will remain in Czechoslovakia for another week with plans to take advantage of instructions from Czech coaches.

## General Comments

1. At the present, our single greatest weakness is music. It is true that the tapes and reproduction (no European special) was a part of the problem, but, generally, the music does not sell the performance as is the case for the top performers. Music is even more important in Competitive Rhythmic Gymnastics than in Artistic Gymnastics.
2. Our girls need improvement in the technique of handling the hand apparatus. That, of course, needs individual comments for each event.
3. The style our girls showed seems to be exactly in the right direction. We appear to be moving in the same direction as the Czechoslovakians. The Russians are expert performers, but they did not come across as innovative as the Czechs in style. The Cubans are also excellent performers and seem to follow the Russians — that is, very little style change since Rotterdam.

More later . . .

Norma B. Zabka

## INTERNATIONAL AMATEUR ATHLETIC FEDERATION

Cables: MARATHON, LONDON S.W. 15,  
Telephone: 91 - 789 3853

162 Upper Richmond Road,  
Putney, LONDON SW15 2SL

October, 1974

## THE DISTRIBUTION OF OLYMPIC GAMES TELEVISION MONEY

I understand that there have been some queries about the division of the television money, and, as it was I who originally proposed that the Sports taking part in the Games should receive a contribution, I feel that I should put on record how this contribution was worked out.

I suggested a small surcharge on tickets sold, to ensure that each Federation received a fair payment according to the contribution that it had made. This was generally acceptable, but Mr. Brundage suggested that it would be simpler in practice to divide up the television money, which was in the process of reaching a very substantial figure, and this would also enable the IOC and the NIOC special fund to receive payments too. This was unanimously accepted, and I was invited to make the first division among the International Federations on the agreed principle.

For the 1972 Games, it was agreed among the IFs that the first half of the money should be divided equally between the IFs. Any surplus would be divided according to the original principle of the gate receipts that the various sports contributed to the Games. From the very start, therefore, four sports have voluntarily given up a considerable part of their entitlement for the benefit of the smaller ones, for it will be noted that all, except these four, have drawn out a higher percentage than the contribution which they have made to the gate receipts of the Games. It was agreed by the special committee of the IFs in 1972 that the same basis of division should be used for the 1976 Games.

The following figures show in percentages how it worked out.

	Percentage of Spectator Contribution	Total Percentage T.V. Money Paid	
		1972	1976
*Athletics	41.35	23.24	23.27
Rowing	2.58	3.68	3.92
Basketball	3.27	4.91	4.25
Boxing	4.28	4.52	4.99
Canoeing	1.86	3.20	3.79
Cycling	1.04	2.88	
*Equestrian	9.62	7.22	6.98
Fencing	0.78	2.75	3.79
*Football	11.55	8.19	8.30
Gymnastics	4.18	4.48	4.99
Weightlifting	0.77	2.75	3.79
Handball	3.63	4.19	
Hockey	1.68	3.17	3.92
Judo	1.42	3.07	
Wrestling	1.93	3.13	3.92
*Swimming	6.45	5.81	8.97
Pentathlon	0.44	2.98	3.79
Shooting	0.44	2.98	3.79
Archery	0.17	2.44	
Volleyball	1.91	3.17	4.65
Yachting	1.46	3.09	3.79

Incidentally, although I do not know the size of the stands in Montreal for the various sports, I do know that for Athletics the stadium capacity is much less than in Munich, where it was fully taken up, and therefore comparably, there will inevitably be some 100,000 fewer spectators at the Athletics. In spite of this, the IAAF is not proposing that the percentage for Montreal agreed in Munich by the IFs should be varied.

EXETER, President, I.A.A.F.

## ELIGIBILITY CODE

### TO BE ELIGIBLE FOR PARTICIPATION IN THE OLYMPIC GAMES, A COMPETITOR MUST:

1. Observe and abide by the Rules and Regulations of the IOC and in addition the Rules and Regulations of his or her International Federation, as approved by the I.O.C., even if the Federation rules are more strict than those of the I.O.C.
2. Not have received any financial rewards or material benefit in connection with his or her sports participation, except as permitted in the by-laws to this rule.

### BY-LAWS

#### To Rule 28

#### 1. A COMPETITOR MAY:

- a) Be a physical education or sports teacher who gives elementary instruction.
- b) Accept, during the period of preparation and actual competition which shall be limited by the rules of each International Federation.
  - i) Assistance administered through his or her National Olympic Committee or National Federation for:
    - Food and lodging
    - Cost of transport
    - Pocket money to cover incidental expenses
    - Insurance cover in respect of accidents, illness, personal property and disability
    - Personal sports equipment and clothing
    - Cost of medical treatment, physiotherapy and authorized coaches
  - ii) Compensation, authorized by his or her National Olympic Committee or National Federation, in case of necessity, to cover financial loss resulting from his or her absence from work or basic occupation, on account of preparation for, or participation in, the Olympic Games and International Sports competitions. In no circumstances shall payment made under this provision exceed the sum which the competitor would have earned in the same periods. The compensation may be paid with the approval of the National Federations or the National Olympic Committee at their discretion.
- c) Accept prizes won in competition within the limits of the rules established by the respective International Federations.
- d) Accept academic and technical scholarships.

#### 2. A COMPETITOR MUST NOT:

- a) Be or have been a professional athlete in any sport, or contracted to be so before the official closing of the Games.
- b) Have allowed his person, name, picture or sports performance to be used for advertising, except when his or her International Federation, National Olympic Committee or National Federation enters into a contract for sponsorship or equipment. All payments must be made to the International Federation, National Olympic Committee or National Federation concerned, and not to the individual.
- c) Carry advertising material on his person or clothing in the Olympic Games, World or Continental championships and Games under patronage of the I.O.C., other than trade marks on technical equipment or clothing as agreed by the I.O.C. with the International Federations.
- d) Have acted as a professional coach or trainer in any sport.

#### 3. ELIGIBILITY COMMISSION

A Commission may be appointed to enforce Rule 28 and these By-Laws, together with Rules 1 and 3 (Fundamental Principles), 7 (Citizenship), 27 (Special Conditions), 33 (Affiliation), 48 (Reporting)

# 1976 OLYMPIC GAMES — FACTS

# HANKY PANKY!

the Olympic Games will be held in Montreal from July 17th to August 1st 1976. The programme for the Montreal Games includes 21 sports: archery, athletics, basketball, boxing, canoeing, cycling, equestrian sports, fencing, football (soccer), gymnastics, judo, handball, hockey, modern pentathlon (fencing, shooting, swimming, equestrian race), rowing, shooting, swimming (including diving and water polo), volleyball, weightlifting, wrestling and yachting. The opening event will be staged at Kempeau, on Lake Ontario.

The 1976 Olympic Games in Montreal are being staged by the Organising Committee, known to COO (Comité Organisateur des Jeux Olympiques). The International Olympic Committee, with headquarters in Lausanne, Switzerland, entrusts the organization of the Games to the National Olympic Committee of the country in which the Games are to be staged; in Canada it is the Canadian Olympic Association. This official body has delegated its powers to COO, the Organizing Committee which must now correspond closely with the International Olympic Committee. COO is a mandate and with the Games. Its Executive Roger Bouchard is the President and Commissioner General of COO, which is administered by a Board of Directors and an Executive Committee.

how the organization of the Olympic Games in general works. The Olympic Movement is coordinated by the International Olympic Committee (IOC). This is a permanent body presided by Baron Pierre de Coubertin at the time of the revival of the Olympic Games. The IOC consists of 74 members from sixty different countries.

the 1976 Olympic Games are self-financing. COO's main revenue will come from the Olympic lottery and the sale of Olympic stamps and coins, specimen tickets, radio and television rights and licensing and concession rights. Canada's Parliament passed a law July 12, 1973 authorizing self-financing programmes. details pertaining to the sale of tickets will be finalized within the next few months. COO is also working on the question of accommodations for the 1976 Olympic Games.

the official symbol consists of five rings topped by the Olympic podium. The podium, at the top of the design, is evocative of the glory of the victors and is a greater extent, of the spirit of civility underlying their contests. The podium is also a graphic representation of the letter "M", for Montreal, at the centre of the design is the Olympic stadium oval, heart of the Games. The five coloured rings represent world brotherhood and was designed to stress the fact that the Olympic ideal is and must remain the very essence of that underlying the symbol was designed by Canadian designer, Dr. Roger Hall.



the official symbol of the 1976 Olympic Games is the property of the Organizing Committee of the Olympic Games (COO) and cannot be used, by anyone under any circumstances, without written authorization from the authorities concerned.

the Olympic flag is rectangular. It is composed of five different coloured rings, on a white background. The five rings correspond to the five sections of the world: the six colours—the white (background) and blue, yellow, black, green and red for the continents—represent all the nations, without exception. In fact, the flag of all the countries in the world have at least one of these six colours.

popular legend attributes the foundation of the Olympic Games to Hercules, son of Zeus. They were so important, that time in ancient Greece was measured by the four year interval between the Games, called an Olympic. 84, Olympiad means four years' time.

the first Olympic Games can be traced back as far as 776 B.C. As close to 1,200 years they were staged at intervals of four years. They were abolished in the year 394 A.D. by decree of Emperor Theodosius.

the first Olympic Games of the modern era took place in Athens, Greece, in 1896.

Under the circumstances that the Games be postponed to another year. Their non-confirmation, for whatever reason, leads to the withdrawal of rights for the selected city and rights to host the next Olympic Games cannot be granted to this same city.

the places and dates where the last twenty Olympic Games of our modern era took place. For major reasons, such as was a few Games were not staged.

1896	Athens	1940	the links
1900	Paris	1944	London
1904	St. Louis	1948	London
1908	London	1952	the links
1912	Stockholm	1956	Melbourne
1916	Berlin		and
1920	Antwerp		Stockholm
1924	Paris	1960	Rome
1928	Amsterdam	1964	Tokyo
1932	Los Angeles	1968	Mexico
1936	Berlin	1972	Munich

\*Was not staged

the 1976 Olympic Games will be marked by symbols. The right balance of each's intellectual and physical facilities in perfect harmony with himself.

with each explosive with the two rejecting words to which it refers. For example, for speedy therefore you would write *fast short*.

1. speedy thoughtless
2. eating index
3. colored vegetable
4. single american container
5. ponderous tax
6. more satisfactory communication
7. inexpensive speed vegetable
8. better steamship
9. second made sibling
10. small indecent poem
11. translucent lachrymal product
12. hating female
13. defined server
14. cowardly male
15. bleached blade
16. slim margin
17. clean diaper
18. indolent flower
19. frenzied tick
20. happier performer
21. large volitional depression
22. weather baseball player
23. sturdy piece of furniture
24. desolate mountain top
25. see them!

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# SUNLAM CUP COMPETITION 1975

## SOUTH AFRICA

Report by: Mrs. Jackie Fie, Head Judge  
Representing: Mrs. Janette Anderson  
Mr. Wayne Young, Gymnasts

On Friday, February 7, Wayne Young, Janette Anderson and I met at JFK in New York and began our long Atlantic journey to Johannesburg, South Africa via a 747 to Rome, Italy. We spent thirteen hours in Rome between connecting flights during which we managed to find a hotel to catch a few hours of sleep, briefly see a few of the ancient four places, and eat pizza and fetosura in a small Italian restaurant.

At 11:30 p.m. on Saturday, February 8, we boarded a DC10 for the next eleven-hour trip to South Africa. After 3 1/2 hours, we arrived in Mandela, Kapa for a one hour stop before continuing for 7 1/2 hours to our destination. We arrived in Johannesburg quite tired, but very well fed after eating the delicious meals served enroute on Atlantic airlines.

### Sunday, February 9

At Jan Bruus's airport we were warmly greeted by Mr. Dile Anders, President of the South African Amateur Gymnastic Union, Mr. Trevor George, Public Relations Officer and Liaison for the State Department of Sport and Recreation, and Mr. Herman Louw, Technical Director of SAAGU and Organizer of SUNLAM CUP.

We were then taken by car and van to our home away from home, the Moulin Rouge Hotel in Johannesburg, where a press conference and official reception buffet awaited us. This proved to be a most wonderful beginning for the lasting friendships, many remarkable cultural exchanges, and the continual gemutlichkeit which we were to experience during the next week of festivities, sightseeing, training, and competition. Our new friends were Auri Lennese and Tom Wilson from England, Petra Klemm from West Germany, Ann Dekker and Cor Smidder from the Netherlands, Inese Annina and Michelle Annabolds from Switzerland, Mr. Marcel Adema, Trainer from Switzerland, Mrs. Nickie Stryman, Women's National Coach of S.A., Mr. Neville Graham, Men's National Coach of S.A., Clara Barlow, Susan Serfontein, Debbie Ringham, and Heidi Jordan from South Africa. Mr. Tuzos Janette, Head Judge for Men from Finland, was to arrive later in the week.

The reception was followed by an even more festive dinner at our special hotel dining room table, which was reserved for us for all hotel meals to follow. The food and beverage selection and the variety and number of courses was fantastic and it continued to be so, with every meal being as good or better than the previous one. We enjoyed several kinds of steak, roast duck, chicken and many kinds of fish during our stay.

Being very tired, we hoped for a long night of sleep only to find that we were waking up several times every night. It took several days to adjust to the eight hour time difference.

### Monday, February 10

We were taken to the Johannesburg Grot Center for a reception and elegant luncheon buffet with the Major and Mrs. Dennis, followed by a tour of the Council Chambers.

In the afternoon, the first training was scheduled for the men at the Wanderers Club, a private sporting club which had facilities for golf, tennis, swimming to mention only a few, and for the women to Goodside Underways-Kollege. Janette worked lightly letting cold beam routines, excellent bars, good high tumbling and fluent floor parts. It was obvious that she was the most mature and highly skilled gymnast there, so she set her goals in terms of scores to win with her highest personal All Around total.

For the first few days, Janette noticed the 6,000-foot altitude, but by the time of the competition she had adjusted and had no problems.

### Tuesday, February 11

By early morning we had already departed for Krugersdorp Game Reserve several miles northeast of Johannesburg. During the summertime, the grass does not grow quite as high as in the Kruger National Park, so we were able to see many different species of wild animals that we might not have seen even after a several hundred mile trip northeast to the National Reserve. We were soon accompanied by the dozen or more lions that converged on the freshly dumped meat to engage in their twice-a-week feeding. For at least twenty minutes we

watched and took pictures while they devoured the meat only several yards from the van. Then on to a luncheon cookout in the center of Krugersdorp Reserve with a gracious welcome from the Mayor, Mr. Gout.

That afternoon we returned to Goodside for a heavier workout than on Monday. Janette worked all events that day and continued to impress the spectators and other official personnel in attendance. She expressed a little difficulty with the attitude adjustment during her bar routine. We then helped the South African girls on tumbling and a little floor as at the end of the workout period.

Following training, we proceeded directly to the home of Mr. Rudolph Opperman, President of the South African Olympic Committee and Honorary President of the SAAGU. Mrs. Bepers Opperman and her family served delicious hot beverages and a buffet supper of pasta for a group of about 35 people. Several guests took advantage of the opportunity to swim in the bronze pool and all had a most relaxing evening of conversation and group singing in German, Afrikaans, English, and Dutch. Language proved no barrier. Mr. Opperman's domestic help were asked to join into the group singing. Mr. Louw joined with them in singing the African National Anthem for which we showed our appreciation by asking for an encore. The evening was superb — the Opperman most gracious hosts.

### Wednesday, February 12

We again set out early toward our destination, the African Village of Nelsbela. The long trip was worth the journey to see the countryside outside of Pretoria and the way of life of the African. We bought souvenirs and kept Kodak in business for another day.

That afternoon we arrived in Pretoria for lunch at the Boulevard Hotel and were enthusiastically welcomed by our host, Mr. Ben Kent, Head of the Department of Sport and Recreation.

The training schedule was reduced somewhat due to our long excursion. However, all gymnasts worked very hard as the competition was drawing closer.



JANETTE ANDERSON - WAYNE YOUNG - SANLAM SOUTH AFRICAN CUP CHAMPIONS

That evening Mr. George and Mr. Low arranged for all of us to see IPI TOMBI, a smash hit African Stage Musical, which has been a sellout for one year in South Africa. IPI TOMBI captures the heart beat of the African people in its music and dance choreography. It traces African life from Zulu and Xhosa villages to the present era, showing how modernization has influenced the religion, family customs, and present day philosophy of life of the African. "IPI TOMBI transcends color, race, or language" and it has been applauded by Germans, French, Japanese, and now Americans as enthusiastically as it has by the South Africans. Everyone felt a more basic understanding of the African culture and way of life and each of us recorded one more unequalled and irreplaceable memory of South Africa.

#### Thursday, February 13

Mr. George took all of the athletes on a long-awaited shopping trip, while I was taken to Pretoria to be the guest of Mrs. Lucette de Vos, the Women's Technical Chairman of SAAGU. We reviewed the Olympic Compulsories and exchanged technical information in addition to working further on the international English Terminology project of which I am chairman and she is a committee member. We were then both guests of Mrs. Gwes de Jong for luncheon in her Pretoria home. Mrs. de Jong asserts the National Coach with dance choreography and to my amusement she had a large gym in her house right off the dining area with cabled uneven, covered beam, and even vaulting apparatus. I recall that our visit was much too short, as it was a beautiful day and the pool looked so

inviting and relaxing. But it was necessary to go back to Johannesburg to the Portuguese Hall, site of competition, for training and the official judges' meeting at 3:00 p.m.

This was the first opportunity for the men and women to train at the competition site. Janette worked very well on all apparatus being by this time well acclimated to the altitude and apparatus, in particular the covered beam. The spectators applauded routines and even parts of exercises continuously to show their appreciation of the gymnasts, especially Wayne and Janette.

That night Janette, Wayne, and I spent a much-needed free evening preparing for the competition and sewing special USA and USGF emblems that I had brought along on their leotards and skirts.

## SANLAM CUP COMPETITION 1975 SOUTH AFRICA

Friday, February 14

... was a Happy Valentine's Day with messages going to and from the USA. These communications from home helped to motivate further each of us to do a super job in whatever area was our responsibility.

That evening the women's event went to the vaulting and uneven bars and the men's events, floor ex, pommel horse, and rings.

### ANALYSIS OF WOMEN'S COMPETITION SANLAM CUP 1975

Head Judge - Mrs. Jacque Fie (USA)

Mrs. Janette Anderson led the competition from the first through the last event winning the All Around and all four individual events with an impressive total of 38.10 (9.825 average). In second place a full 2.80 points behind was Miss Avril Lennox of England with 35.30. Two South African competitors, Miss Susan Serfontein and Miss Debbie Bingham took the third and fourth place honors with a total of 34.85 and 34.80 respectively. In order of placing the other nations were: West Germany, Switzerland, Netherlands, South Africa, Belgium, and South Africa (See official score sheet).

#### VAULTING

The vaulting event showed a predominance of the 9.3 Yamashita with a representative from the "handspring - full," "cavalier" - 3/4 turn off," and "1/2 on - 1/2 off" categories. Janette performed a fine Yama and received a 9.3 average with deductions occurring mainly for a slight insufficient degree of pike and a very slight late extension of the body in the after-flight. Avril Lennox, England, placed second with a 9.0 for a well done Yamashita. The twisting vaults performed were lacking in full completion of twists at proper heights and before landing. The vaulting event was the least spectacular with general performance below the international 9.0 standard.

#### UNEVEN BARS

Ms. Anderson was ready with a 9.55 performing with the highest level of international difficulty. In terms of her own scores, she only missed the vertical on her free back hip shoot to handstand, which of course was not recognizable to those unfamiliar with her exercise. The other error was of minor importance.

Her other gymnast came close to her in level of difficulty and performance with the exception of Miss Serfontein, who touched the high bar with her foot on her

height and earned a total deduction of .5 for the dismount. Her score of 8.85 could have been a 9.15 with a well executed dismount. All other scores contained 3 to 4 superior with several showing only medium element height low bar dismounts. There was very little belaying work done that was not stock with the exception of the little Swiss girl that did a rare upside full twist.

#### BALANCE BEAM

Janette again stole the show working at a level of difficulty matched by her grace, continuity, and maturity. Her turns were accurately performed on 1/2 turn, her tumbling and acrobatics solid with excellent height on her front aerial, back handspring, and dismount. Avril Lennox performed a solid routine with few minor execution errors, but lacked the full amplitude and higher difficulty necessary to break into the 9.0's. She took the silver medal with an 8.95. In general there was not a high level of risk in most of the routines, although everyone seemed to hit fairly well.

#### FLOOR EXERCISE

In relation to international standards, floor exercise was the least event with few marks being 8.8 or above. Mrs. Anderson performed with excellent height on her full and front handspring - front with a step out, but lost 0.2 on her final back layout somewhat with a step out for amplitude. Her composition, pace, elegance, interpretation, and total performance was her best for the four events.

### ANALYSIS OF MEN'S COMPETITION AT THE SANLAM CUP

Johannesburg, South Africa

Head Judge - Teemu Jalanto (Finland)

Wayne Young (U.S.A.) dominated this men's competition scoring a 56.30 all around... not a bad score considering he took an 8 deduction on the Side Horse. Tom Wilson (England) took the silver medal with a score of 53.80, a full 2.50 points behind Young. Third place went to the South African's Francois Stander with a score of 53.45.

#### FLOOR EXERCISE

Tom Wilson won F.E. with a score of 9.30. Wilson mounted with a double back and dismounted with a double twist. The exercise was clean and the tumbling fairly high, but he missed a press which kept him out of the 9.5 range. Young, Third place, scored well (9.2) considering his

was the first routine of the competition and he took several steps out of his dismount (double twist), causing him to repeat of bounds.

#### SIDE HORSE

Stander (South Africa) showed surprisingly good Side Horse with difficulty par with top international competitors. Being was far and form excellent, but a break on his second depressed his score on an otherwise good exercise. Stander won with a score of 9.29.

#### RINGS

Young, last competitor on Rings, let an appropriate finish to the competition of the first night. With excellent straight arm work and a 1/2 in 1/2 out dismount, Young scored 9.65, to win first place. C. Smulder (Netherlands) was second with a score of 9.10.

#### LONG HORSE

This event lacked the excitement seen now in international competition. Only Young (U.S.A.) and Annabold (Switzerland) did vaults on par with international competition. Young took first (9.55) with a Tuckshers with a full twist (1/2 in 1/2 out) and Annabold took second (9.30) with a Tuckshers.

#### PARALLEL BARS

This event was probably the most exciting event of the evening. Francois Stander (South Africa) using good originality along with a diamond to a handstand, scored a 9.45. Young, who followed, did not a little better job, however, scoring a 9.35 to win the event.

#### HIGH BAR

High Bar proved to be a poor finisher for the men's competition. There was a number of missed performances and not much in the way of real outstanding work. Young, with a score of 9.25, struck gold again on this event. Francois Stander (South Africa) with a double leg Kne Kehre to double German, and a straddle leg vault to reverse grip, was the only other competitor to show the difficulty, risk, and originality we like to see on this piece of equipment. Unfortunately, Stander had some errors on this event and was only scored 9.00.

Saturday, February 15

In the morning I had the opportunity to sit in on the SAAGU Congress, which was held at the Moulin Rouge Hotel. In the afternoon I had the privilege of addressing the WTC representatives,



JANETTE ANDERSON RECEIVING HER TROPHY

judges and coaches representing the provinces of Cape, Natal, Transvaal, and the Orange Free State, the four provinces of South Africa. We discussed judging, organization of judges, the Elite Program, Coach/Judge Symposia, the '76 Olympic Compulsory Exercises and various other informative gymnastic subjects that they wished to hear about in relation to the USGF Gymnastic Program.

The evening competition featured Women's balance beam and Floor Exercise and Men's Long Horse, Parallel Bars, and Horizontal Bar.

Wayne and Janette vied with each other for the highest score of the meet and tied, each achieving a 9.65 - Janette on floor and Wayne on rings. They again had four events for four and Janette won by 0.10, crediting her with one true hot fudge sundae, which to my knowledge she still has not collected. This type of friendly competition further inspired each of them to do the outstanding job they did.

There were no double faults and only a small jinx content in the remaining routines. Young Miss Debbie Bingham, South Africa, showed much potential in this event. In general, the height and level of difficulty of tumbling was lacking as was the choice of music and level of dance composition.

The highlight of the competition was the appearance of the two USA gymnasts

on the first place All Around podium. Mr. Gary Player, South Africa's Athlete of the Year, presented the large silver cups to Wayne and Janette to the repeated applause and cheers of the standing room only crowd. The proudest and most moving moment of the competition for Wayne, Janette, and me! was the opportunity to stand for the full playing of the Star Spangled Banner with seven gold individual place medals and two All Around trophies as evidence of our growing superiority in the world of gymnastics.

The South African Amateur Gymnastic Union and SANLAM could indeed be proud of the manner in which they conducted this international competition and in the fine showing of the gymnasts, despite their isolation from the World Competitive scene.

We are grateful for the opportunity to have been a part of the 6th Annual SANLAM CUP and sincerely hope that we have helped South Africa move closer to their goal of higher international level of performance.

Following the competition, the SAAGU hosted a banquet and dinner for about 100 people - gymnasts, officials, organizers, dignitaries - in the Portuguese Hall, which proved to be another gala event commemorating the 1976 SANLAM CUP. Mr. Olie Ansbach addressed the guests and especially thanked the South African Life Insurance

Company (SANLAM) for its total and continuing sponsorship of this international competition. Presentations and awards were given to all athletes and judges with each visitor to South Africa receiving a springbook diary and commemorative medal.

Visiting delegations then expressed their gratitude and thanks. On behalf of the USGF and our Executive Director, Mr. Frank Bare, I presented Mr. Ansbach with a silver plate with the seal of the USGF as a token of our appreciation for the opportunity to take part in the SANLAM CUP. We expressed our thanks to SAAGU and SANLAM for the marvellous hospitality and lasting memories and friendships that we would carry with us always.

**SUNDAY, February 16**

The sun finally came out in Johannesburg to add brilliance to the final BBQ and swimming/pool party held at Mr. and Mrs. Ansbach's lovely home. The afternoon was the grand finale to a most memorable week abroad. With the music of IPI TOMBI in the background, we said our goodbyes and exchanged our last little gifts. We reported these sincere goodbyes and "auf wiedersehen" at the Johannesburg airport and again in Rome, when we parted from our fellow athletes and officials to return once again to the USA.

Our trip was SUPERB!!!  
FANTASTIC!!! The congeniality and friendship OUTSTANDING!!!

# SCORE SHEET - TELKAART

## WOMEN - VROUW

					
C. Leyden	8-4/6	7-9/0	8-2/0	8-5/0	20-0/0
D. Berlin	8-5/5	7-3-4	8-4/5	8-4/0	33-4/5
A. Larnes	8-0/0	7-5-4	8-8/5	8-8/0	35-3/0
S. Bonifant	8-4/5	7-3-4	8-6/5	8-6/5	34-8/5
P. Blasen	8-8/0	3-4/0	8-7/0	8-5/0	34-6/5
D. Brighen	8-6/0	7-4/0	8-1/0	8-4/0	34-9/0
H. Jordan	8-3/5	7-5-4	8-4/5	8-4/0	33-2/5
I. Aries	8-8/0	8-3/5	8-4/0	8-6/0	34-1/5
J. Anderson	8-3/0	6-4/0	8-6/0	8-6/5	33-1/0

## MEN - MANS

					
F. Stander	9-4/5	9-2/0	9-4/0	9-4/0	36-3/0
T. Witten	9-3/0	8-6/5	9-0/0	9-4/0	36-3/0
A. Garber	8-4/0	8-4/0	8-8/0	8-6/0	35-4/0
C. Smith	9-2/0	9-2/0	9-10/5-4	9-8/5	36-5/0
A. Neville	9-2/0	8-8/5	8-8/0	8-6/5	35-3/5
M. Arnold	8-4/5	8-2/5	9-2/0	8-0/0	35-5/0
K. Stander	8-5/0	8-4/0	8-8/0	8-8/0	36-3/0
W. Young	9-2/0	8-2/0	9-5/0	9-5/0	36-5/0

S.A. Cup

# 1ST U.S.G.F. NATIONAL ELITE QUALIFICATION MEET

## FEBRUARY 21, 22, 1975

### BY BARBARA THATCHER

Of the 40 talented gymnasts assembled for closing ceremonies, marking the first U.S.G.F. National Elite Qualification Meet of 1975, 11 had reason to be jubilant. For these young ladies had earned the necessary 8.75 compulsory/optional average needed to secure a place at the U.S.G.F., Elite Nationals and a chance at the Pan American Games team.

It was not an easy competition (far from it) and by the end of the two-day meet, February 21-22, many girls were weeping, but smiling thinly to hold back the tears. A total score of 70.00 at the regional level was needed to enter this meet, held at Valley Forge Military Academy in Wayne, Pa., hosted by the Philadelphia Gymnastic Center, and also required at this meet to advance to Nationals. Although all the girls will get another chance to qualify at the second trials in Reno, Nevada, the disappointment of this competition could be seen clearly on many of the young faces.

Diane Dunbar, Roseanne Pierce and Nancy Thies, international veterans and familiar names at the national level, captured the first three all-around places respectively. Diane compiled an impressive 73.35 total while Roseanne followed at 71.05 and Nancy finished with 71.15. Diane, a 16-year-old from Rosemead, California, was the lone representative of the 1974 World Games team. Roseanne, of the Philadelphia Gymnastic Center, and Nancy, from Eugene, Oregon, were the only past Olympians. Each lived up to her past credits and international credentials, lending sophistication and grace to the meet.

It was predictable that these three would claim top honors, it was nearly as unpredictable or difficult to guess who the other qualifiers would be. It should be mentioned that Diane, Roseanne and Nancy did not have to be in this meet since each had already qualified for Nationals. Many national champions at the Junior and Senior levels emerged as Elites this season to face the challenge of the new Olympic compulsions, plus the pressure of immense, high level competition. A few met with astounding success. The additional qualifiers are: Cole Dowdell 71.00, Carrie Englett 70.05, Denise Walker 70.00, Lisa

Waltberge 70.00, Kelly Munce 70.05, Trish Reed 70.00, Debbie Wilcox 70.00, and Donna Peyton 70.30.

Four squads with 10 girls in each were organized for competition. Squads A and B competed first on Friday and Squads C and D completed first on Saturday. Friday's two events covered beam and vaulting and Saturday's program was bars and floor exercise.

At a little past noon on Friday, the first two squads entered the competition area for compulsory beam and vaulting, warmed up for an additional five minutes and proceeded. Meet Referee Jackson Piv watched and judged and first got on both events for reference in case of later protests. The judges appeared to be looking for several things on beam, especially good rhythm. The girls who were more aggressive and less hesitant seemed to her the best. However, just as important as rhythm was the execution of the various elements, notably the pike leap, one arm cartwheel, full turn (on the ball of the foot) into the half turn (also on the ball of the foot), the handstand and dismount. The handstand was a particular problem for many girls and few truly marked the position, feet split, one leg — then split again. Also, there were problems with early twisting on the dismount. Some girls did the half twist right off the beam, never achieving a straight body position.

Diane Dunbar had the highest mark of 8.9. Her handstand was good and she worked very lightly. However, on her dismount she turned a bit early, flight behind Diane was Pam Spitz, of Houston, Texas, at 8.85. Good execution and rhythm characterized her routine and the only flaws were a slight hobble on the handstand and turns. Most of the other scores fell in the 7.75 to 8.5 category with one way below at 6.75.

Vaulting was a different story altogether. No score was below 8.25 and most were about 8.75. This is understandable since the yamahiro was, at one time, a fairly standard optional vault and so most of the girls were familiar with it. Five vaults were executed by Jan Anthony, of the Philadelphia Gymnastic Center, Kelly Munce, of the Long Beach, CA KIPS, Susan Archer, also from the KIPS, and Diane Dunbar, all at 9.35. Roseanne Pierce finished first in compulsory

vaulting, though, with a 9.4, her highest score in the meet.

In optional that evening, beam was again a problem area. Diane was the event adding a 9.3 optional to her compulsory score. She executed a slightly modified but cleaner routine than the one she used in Bulgaria. She dismounted with a cartwheel, back full off and her mount was a jump-on at the end of the beam from a two-foot takeoff. Pam Spitz, who had been a contender for top honors, fell on her mount and consequently dropped to 6th place. Cole Dowdell, of the Southern Connecticut Gym Club, finished second, while Donna Peyton, from Louisville, Ky., and Denise Walker, also from S.C.G.C., tied for third. Donna had imitated remarkably in the past year. Her routine was very polished and contained a good deal of originality, plus a nice front walkover mount, front aerial, front walkover to pike to back walkover (kick back), handstand to swing down then swing up front flip off the side. Denise Walker had a routine with a front aerial and back handspring. She dismounted with her well-known front walkover on the side of the beam to a front flip off.

Had she not had such a low compulsory score (8.10), Kelly Munce could very well have been among the top three. She turned in a beautiful performance with much flair and style. Kelly retrieved 8.1 for her efforts and her routine included front aerial mount, front aerial, back flip, back handspring, and a front 1-1/2 twist off.

Sharing the center stage with beam was optional vaulting. Diane won her second individual event with a 9.3 yamahiro 1/2 twist. Roseanne was second, scoring 9.2 for a 1/2 twist on, 1/2 twist off. Jan Anthony and Trish Reed, of Denver, Colorado, tied for third, Jan scoring 9.2 for a yamahiro 1/2 twist and Trish receiving 9.4 for a terrific roundoff back. Trish's second attempt at this vault was much better than the first — so good, in fact, that the 9.1 posted was met with a protest and eventually re-evaluated. In the optional session, Trish had the biggest vaulting score.

So, at the conclusion of Friday night's events, 10 girls were at 35.00, halfway to their goal. Several others in the high 34 range still had a chance to qualify and two of them, Debbie Wilcox and Carrie

## FIRST USGF NATIONAL ELITE QUALIFICATION MEET

Englert, eventually did. The top ten in order following beam and vaulting were: Diane Dunbar 36.85, Roxanne Pierce 35.00, Trish Reed 35.80, Donna Peyton 35.55, Kelly Murrie 36.50, Cele Dowsley 35.45, Tara Marville 35.30, Nancy Thies 35.05, and Debra Walker and Leslie Withberge at 35.00. A careful examination of this order shows that the final outcome was hardly predictable and that during the next day's events there was quite a bit of shifting in the all-around.

Although Diane Dunbar eventually won beam, she did not have the best score in her compulsory. Debbie White, a previous senior national champion from Colorado, had the highest score, a 9.5, and could easily have finished first but a fall in optional on her dismount dropped her down to 8.4.

Basically what the judges appeared to be looking for was good extension on the low (straight back, not arch), onto above horizontal, a deep squaddle position on the half turn, and a high, controlled back with solid landing. Debbie showed most of the elements with fine technique and no breaks in rhythm. Her compulsory was especially good and also her back. Diane had a nice set, coming almost to a handstand before her back and almost stifling the height (into and high) before sitting it down.

A beautiful compulsory was presented by Kelly Murrie and she matched it with an impressive optional to finish second to Diane in this event. Her compulsory showed lovely straight body arch and a straight, solid back which she stuck to until 9.5.

Although her legs were slightly archy, her routine moved well and her back was good so Carrie Englert received a 9.1, as did Leslie Withberge. With a fine optional, Carrie finished in a tie with Amy Tubes for third. Carrie is a teammate of Nancy Thies and although a newcomer to elite proved to be a fine, consistent gymnast.

Most of the compulsory bar scores ranged from 8.5 to 9.0.

As on beam, rhythm was an important factor in determining compulsory floor exercise scores. Judges seemed to be looking for gymnasts who worked with the music and also executed the elements well. The handstand turn, although just a small part of the routine, was important and many of the girls did not even reach and show the vertical position. Mary also

had crooked tumbling passes and low heels.

The highest score was 9.05 and went to Diane Dunbar, Nancy Thies and Carrie Englert. The rest of the scores fell between 8.4 and 8.8. Nancy's performance was very expressive and her first tumbling pass, split leap and ending were nicely done. Diane showed much more feeling for this routine than for beam and gave a spellless, smooth performance. Carrie's routine was not smooth but it was dynamic and her leaps well executed. A definite surprise was the performance of Jeanne Beaulieu. She rated a 9.1 compulsory score and turned in an outstanding optional to finish in a tie with Carrie for first on floor. Her routine was crisp with good legs and all elements (pommel, handstand, cartwheel) done with great control.

By Saturday evening it was clear that many gymnasts did not have a chance in the world of qualifying but others still had hope. In it to all the girls' credit that they kept going and did not give up.

A 9.2 was the highest score on optional beam and it went to Diane Dunbar and Amy Tubes, of Miami, Florida. Diane resumed with a squat over the low bar and dismounted with a full twisting backst from the high bar away from the low bar. Amy mounted with a jump 1/2 turn kip on the low bar and dismounted with a straddle backst from the high bar. Her routine also included a cart to a handstand on the high bar, 1/2 turn stomach whip, back, uprise and stomach whip full twist on low bar. But because of her compulsory score, Amy finished as a tie for third with Carrie Englert. Carrie's routine included a full twist catch from a front support on the high bar, a stomach whip on the low bar, several other interesting between-the-bar combinations, and a full twisting backst from the high bar away from the low bar.

Finishing second with a combined score of 18.30 was Kelly Murrie, who worked a very smooth set. Her bar routine consisted of free high leg circle mount, front somersault over the low bar catch the high, 1/2 turn, drop kip to double leg shoot over the low bar, kip to the high bar, cast to handstand, 1/2 turn, stomach whip to high straddle over low bar, long head kip to high bar, cart to front side circle on high bar, to stand on low bar, release and regrab bar to back side circle catch high bar, 1/2 turn drop kip to double leg overhook, kip to high bar, leg sit hip circle, back kip, height with a full burst from high bar over low.

In floor exercise, the influence of the new modern style of Tsjornicheva was

apparent. Susan Archer, in particular had a very exotic routine with much head and body movement. The judges seemed to like the originality and awarded her a 9.0. But the winners of this event were Jeanne Beaulieu and Carrie Englert, with an 18.20 total. Jeanne's routine was light and graceful. Her tumbling showed some originality and included roundoff, flip flop, full twist, round off, flip flop, arabian front flip, front aerial (which she finished with her hands on her hips), roundoff, layout stepout, and a front foot aerial to her feet (done not by accident but on purpose). Carrie's routine had nice dance elements but her tumbling pass with roundoff, flip flop, full twist was a little weak.

Leslie Withberge led for second with Nancy Thies and showed gorgeous tumbling including a roundoff, flip flop, double full. Her double full looked as high as many of the single fulls thrown that evening. She also executed a handspring, front flip and roundoff, flip flop, full twist. Her whole routine was very spry and light.

Nancy Thies again used her "2001 Space Odyssey" theme and combined nice dance and adequate tumbling such as a roundoff, flip flop, full twist and a handspring, layout front flip.

Many of the girls increased their difficulty by combining front and back tumbling such as front handspring, front flip into roundoff back, or roundoff, flip flop, back. Several girls also tried to tumble out of back falls and there were a few nice combinations using back handspings to and from the knees.

Diane Dunbar had an easily won floor but a mistake in her handspring front tumbling pass left her out of time with the music and it took her several seconds to recover. This mistake dropped her down to 7th place. Roxanne Pierce could just as easily have won beam but a stop on the high bar attempting an immediate move and subsequent slip below, but not off the bar, hurt her chances of winning and she finished in fifth. Which shows that even for the top three, the meet was not entirely seen up in the beginning.

The meet was well organized and ran smoothly. The only negative comments heard were the absence of individual awards, which are rarely given at qualifying meets, and the competition equipment not being exactly like the warm up equipment. Special awards were given for original and risky routines and a special silver bowl was given to Marel Greenfield for her contributions to gymnastics.





All-Around winner Diane Dunbar  
receiving her award at Valley Forge



Murel Grossfeld receiving award  
for contributions to gymnastics



Special Awards  
— Most Creative Floor  
— Most Daring Beam  
— Most Difficult Vault  
— Most Exciting Bars

# FIRST USGF NATIONAL ELITE QUALIFICATION MEET

# Who's Who Gymnastic

## 1973



**United States Gymnastics**

Executive Office, P. O. Box 4699, Tucson, Ariz.

**BARE, FRANK L. -**  
Born 9/23/29

Address: USGF 1225 North 12th Ave., Tucson, Ar. 85703  
St. Louis (senior high school champion, 1946) St. Louis University 1949-49, Ocala AAU Champion 1949 National Collegiate elite horse champion 1952 Team Captain, U of Illinois, 1954 Outstanding Senior award winner, Coach of 1954, University of Illinois US Army, 1955-58 Masters Dept., University of Illinois 1957 First Executive Director of the United Gymnastics Club, Tucson, Arizona 1961 First Executive Director of the United States Gymnastics Federation 1963 to 1972 Initiated the USGF Congress in 1966, and the International Federation for the USGF Championships in 1965 Elected to the International Gymnastics Federation Executive Committee (FIIG) at the FIG Congress in Munich, August 1972

**CHUSKEY, FRANK J. -**  
Born 8/2/12

Address: Box 4699, Tucson, Ar. 85717  
Mr. Chuskey won over 28 National Championships including 5 All Around, 7 Side Horse, 7 Horizontal Bar, and at least one Olympic medal on the other 4 events. He was a member of 3 Olympic Gymnastics Teams, 1932, 1936 and 1948. The American team won 2nd in 1932 and Mr. Chuskey finished 6th on the Side Horse in 1948. He was manager and judge at the 1952 Games and also has judged at the World and Pan American Games. He has been an expert at every International and National American "Tourney." Mr. Chuskey is retired from the U.S. Post Office Department, Washington D.C. and is currently the Executive Director of the National Gymnastics Judges Association and Technical Director of the United States Gymnastics Federation.

# "Who's Who in Gymnastics"

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## 1976 WHO'S WHO IN GYMNASTICS

Compiled and edited by the U.S. Gymnastics Federation

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The 1976 Edition is being compiled and is destined to be larger and more informative than the original edition. All those appearing in the 1973 Edition will remain and new names from all parts of the gymnastics world will be added. Judges, gymnasts, officials, equipment representatives and enthusiasts are all included, along with background information and honors achieved, present position and address. To be a part of this newest and most up-to-date publication for gymnasts, please complete the following and mail immediately. (Deadline for entries is October 1, 1975)

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NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

BIRTHDATE \_\_\_\_\_

Resume of your activities in gymnastics. Include earliest to latest involvement in that order, past records, present profession. Limit your entry to 100 words please. We reserve right to edit all copy, for size.

Cross the square that applies to you. (X)

☐ You were a 1973 registrant

Your resume will be printed in the 1976 edition exactly as it was in the 1973 edition; however, if you wish to update your resume, adding additional honors, awards, complete rewrites, etc., there will be a \$5.00 fee. Just list the changes in the 'resume space' above and mail with the \$5.00 fee. If, in addition, you wish to purchase a copy of the 1976 edition, the cost is \$10.00. The total cost will be: (1) Resume change only . . . \$5.00 (2) Book only . . . \$10.00 (3) Resume change and book . . . \$15.00. Please mail applicable fee to the USGF, Box 4699, Tucson, Az. 85717.

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Complete the information as requested above and enclose check for \$15.00 made payable to the USGF and mail to the USGF, Box 4699, Tucson, Az. 85717. Price includes the 1976 edition of "Who's Who in Gymnastics," personalized copy and registry within that edition.

# USGF 1975 CONGRESS

DENVER, COLORADO

NOVEMBER

14, 15, 16, 1975

at

The Denver Marriott

\$25.00 Fee

includes

Registration

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Cocktail Hour

Coffee Hour



Late Registration

Fee: \$30.00

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# NATIONAL HIGH SCHOOL COACH OF THE YEAR AWARD 1975

The National High School Gymnastic Coaches Association honors its coaches of the year for the first time in 1975. There are many outstanding coaches in the nation who deserve recognition for their efforts contributing to the growth of high school gymnastics.

The methods of qualifying for this honor are as follows:

1. The nomination must be made by a state coaches association or its equivalent.
2. The individual must be a current member of the NHSCA.
3. The nominee must be a current gymnastic coach of an accredited high school.

The following information must be submitted with the nomination.

1. A brief resume of the nominee's background in high school gymnastic coaching.
2. A statement explaining the method of selection by the nominating association.
3. A picture of the nominee.

Please submit this information prior to the deadline of June 1, 1975 to:

Mike Milidone  
Pres. NHSCA  
1470 Kirtland  
Ann Arbor, Michigan 48103

## LIST OF HOLDERS OF THE SPECIAL I.G.F. INSIGNIA

### BOYS - MEN

Reckner John 1983  
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Terry Dennis 1983  
Greenfield Abbie 1983  
Oriskany Fred 1983  
C. Quinn David 1983  
Lyons Robert 1983  
Vogel Armando 1983  
Sakamoto Makoto D 1984  
Mitchell Russell Duncan 1984  
Dunk Ronald 1984  
Wain Douglas Robert 1984  
Shawless Arthur David 1984  
Heathshouser Fred 1985  
Lusvardi Arno 1985  
Elyc Steve 1985  
Thor David 1985  
Cotton Steve 1985  
Frankenstein Sidney 1985  
Whalen Gene 1974  
Whalen Jay 1974  
Young Wayne 1974

### BOYS - WOMEN

Seitzgraff Gail 1983  
Fuchs Doris 1983  
Richardson Sharon 1983  
Greenfield Marie 1983  
Maymon Betty 1983  
McMuller Marie 1983  
Tobias Arla 1983  
McCluskey D. H. 1984  
McHenry Linda Jo 1984  
Gougeon Kathleen 1984  
Waffner Marie Sue 1984  
Gleason Kathy 1985  
Tanner Joyce 1985  
Hacker Carolyn 1985  
Baker Dennis 1985  
Ruffy Cathy 1985  
Malinski Colleen 1985  
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Enjoying buffet sponsored by the Gymnastic Academy of Hawaii  
Ralph & Helen Arthur, front

Photos courtesy of DICK CRILEY

## SUMMER JOB OPPORTUNITY

The TOPS (Tumblers of Phillips) Sooty-Sod Gymnastic Club is Phillips Petroleum Company, Bartlesville, Oklahoma, is planning on hiring two people to assist with their summer gymnastic program. The job would go from the 2nd or 5th of June to the 15th or 22nd of August. The salary is \$1200 per person for the summer and the job would consist of helping 3-4 hours a day with a beginning instructional program and 3-4 hours with the competitive team. We also are planning clinics, camps, picnics and a variety of other activities for the gymnasts that you would be involved with.

The girls team consists of approximately 40 (USGF) beginner level gymnasts, 12 intermediates, 5 advanced and 1 elite. The boys team consists of approximately 30 boys ages 8-17 with varied abilities. The beginner instructional program could involve as many as 300 children.

Interested people should contact:

Randy Schumacher, Coach  
TOPS Gymnastic Club  
1100 Adams Bldg  
Bartlesville, OK 74004

Please send a list of references, job experiences, competitive experiences, educational background, age and anything else that would be of interest.

If you have any questions, please feel free to call me at: AC(918) 961-9906

*Randy Schumacher, Coach*

## ATTENTION!!!!!!

ANY PERSON WHO WANTS TO BE CONSIDERED FOR THE POSITION OF COACH OR MANAGER OF THE 1978 WOMEN'S OLYMPIC GYMNASTICS TEAM SHOULD MAKE APPLICATION TO:

MRS SHIRLEY BRYAN  
2819 MD HAMFORD COURT  
CHICAGO, ILLINOIS 60614

ALL APPLICATIONS WILL BE REVIEWED BY THE WOMEN'S OLYMPIC GYMNASTICS COMMITTEE BEFORE A FINAL SELECTION IS MADE. THE DEADLINE FOR APPLYING IS MAY 1, 1978.

## USGF ELITE CHAMPIONSHIPS

USGF ELITE NATIONAL CHAMPIONSHIPS OF THE U.S.A. FOR MEN AND WOMEN AT SOUTHERN ILLINOIS UNIVERSITY CARBONDALE, ILLINOIS ON JUNE 11, 12, AND 13, 1978. CONTACT BILL MEADE AND HERB VOGEL.

## CORRECTION:

1978-80 AGE GROUP COMPULSORY FILMS INFORMATION OF 1/2/78 INCORRECT! ADVISE ALL PERSONNEL IMMEDIATELY OF THE FOLLOWING CORRECTIONS.

The film of the National Compulsions will be available from The Athletic Institute, 705 Merchandise Mart, Chicago 60654. The films will be available in Super 8mm sound cartridges and 16mm sound reels, both in color. Each reel

will be self-contained with floor exercise, balance beam, uneven bars, and vaulting. All films will have voice over describing movements, and music for floor exercises.

## Estimated Costs:

Super 8mm color/sound	
Beginning Level	\$140-\$180
Intermediate Level	\$140-\$180
Advanced Level	\$140-\$180
16mm color/sound	
Beginning Level	\$190
Intermediate Level	\$190
Advanced Level	\$190

## DATES TO REMEMBER

1. NCAA CHAMPIONSHIPS AT INDIANA STATE UNIVERSITY, TERRE HAUTE, INDIANA, ON APRIL 3, 4, AND 5, 1978.
2. USGF COMPETITIVE RHYTHMIC GYMNASTICS COMPETITION - HUNTER COLLEGE, NEW YORK CITY, INDIVIDUAL COMPETITION, APRIL 12; GROUPS, APRIL 19. CONTACT MONICA VOLKMAN, CHAPIN SCHOOL, 100 E 82ND AVE., NYC 10035.
3. NATIONAL YMCA CHAMPIONSHIPS FOR MEN AND WOMEN, DAYTON, OHIO. WRIGHT STATE UNIVERSITY ON APRIL 18 AND 19, 1978.
4. USGF 2ND ELITE QUALIFICATION ROUND FOR GIRLS, RENO, NEVADA, ON APRIL 26 AND 28, 1978.
5. EUROPEAN CHAMPIONSHIPS FOR WOMEN, SKIEN, NORWAY ON MAY 3 AND 4, 1978.
6. USGF ELITE QUALIFYING MEETS FOR MEN - EAST, CONTACT DAVE THOR, TEMPLE U., MID-EAST, CONTACT BILL ROETZHEIM, U OF ILLINOIS AT CHICAGO CIRCLE CAMPUS, MIDWEST, ED GAGNIER, IOWA STATE U., AMES, IOWA, WEST, HAL FREY, U. OF CALIFORNIA, BERKELEY, ON MAY 3 OR 10, 1978.
7. NATIONAL AAU SENIOR NATIONAL CHAMPIONSHIPS FOR MEN AND WOMEN AT KENNEDY SR. HIGH SCHOOL, CEDAR RAPIDS, IOWA ON MAY 15, 16 AND 17, 1978.
8. FIG INTERNATIONAL MEETINGS, BERN, SWITZERLAND, ON MAY 28, 29 AND 30, 1978.
9. EUROPEAN CHAMPIONSHIPS FOR MEN, MAY 31 TO JUNE 1, BERN, SWITZERLAND.
10. GYMNAESTRADA IN BERLIN, GERMANY ON JULY 1 TO 4, 1978.
11. USGF NATIONAL JUNIOR OLYMPIC CHAMPIONSHIPS FOR BOYS IN IOWA CITY, IOWA AT THE UNIVERSITY OF IOWA (DETAILS PG 34).



IDENTIFY THE ABOVE PICTURES



# 1975 SPORTS PARTICIPATION SURVEY

Compiled by  
THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS  
400 Leslie Street - P. O. Box 98 - Elgin, Illinois 60120

Based on Competition at the Interscholastic Level

	BOYS		GIRLS	
	Number of Schools	Number of Participants	Number of Schools	Number of Participants
ARCHERY	8	128	253	3,548
BADMINTON	1,264	12,694	1,588	24,071
BASEBALL	14,680	409,510	16	423
BASKETBALL	20,011	688,690	11,654	307,608
BOWLING	780	9,588	789	9,902
CREW	36	116	-0-	-0-
CROSS COUNTRY	10,135	214,840	1,009	12,301
CURLING	940	6,151	336	3,164
DECATHLON	161	397	-0-	-0-
DRILL SQUADS	30	900	50	2,500
FASTBALL	-0-	-0-	29	733
FENCING	91	1,394	64	671
FIELD HOCKEY	37	1,003	1,897	59,106
FOOTBALL - 11 man	14,281	1,011,809	-0-	20
8 man	621	14,568	1	12
6 man	180	3,771	-0-	-0-
12 man	627	41,573	-0-	25
flag	8	183	2	50
GOLF	9,998	135,813	2,173	17,956
GYMNASTICS	1,697	36,834	2,835	61,424
ICE HOCKEY	870	27,431	26	96
LACROSSE	232	5,810	82	3,018
PENTATHLON	50	75	-0-	-0-
RIFLERY	333	5,112	26	471
RUGBY	325	7,313	-0-	-0-
SKIING	631	11,584	315	7,341
SOCCER	3,356	98,482	409	10,717
SOFTBALL	205	3,457	5,081	110,140
SWIMMING	4,062	114,645	2,785	73,946
TABLE TENNIS	189	1,211	97	571
TENNIS	7,781	124,208	5,609	84,495
TRACK & FIELD (Indoor)	1,362	39,168	233	8,252
TRACK & FIELD (Outdoor)	17,102	667,974	10,387	299,215
VOLLEYBALL	2,583	43,050	8,610	198,313
WATER POLO	385	10,644	-0-	-0-
WEIGHTLIFTING	36	951	-0-	-0-
WRESTLING	9,130	319,048	-0-	-0-



GIRLS			BOYS		
GYMNASTICS			GYMNASTICS		
State-Country	Schools	Particip.	State	Schools	Particip.
ALABAMA	20	183	ALABAMA		
ALASKA	12	120	ALASKA		
ARIZONA	32	558	ARIZONA	18	500
ARKANSAS	50	1,000	ARKANSAS		
CALIFORNIA	281	7,183	CALIFORNIA	128	3,493
CANADA			CANADA		
Alberta	35	562	Alberta	19	111
British Columbia	75	628	British Columbia	58	440
Manitoba	39	333	Manitoba	27	257
New Brunswick			N. Brunswick		
Newfoundland			Newfoundland	21	525
New Scotia	28	700	Ontario	279	3,985
Ontario		1,447	Saskatchewan		
Saskatchewan			Newfoundland		
COLORADO	122	1,300	COLORADO	50	1,600
CONNECTICUT	33	560	CONNECTICUT	16	248
DELAWARE	1	20	DELAWARE	1	35
DIST. OF COL.			DIST. OF COL.		
FLORIDA	37	485	FLORIDA	24	581
GEORGIA	48	1,400	GEORGIA	70	2,100
HAWAII	5	77	HAWAII	5	
IDAHO			IDAHO		
ILLINOIS	110	3,300	ILLINOIS	88	2,250
INDIANA	160	3,200	INDIANA	50	1,000
IOWA			IOWA	18	370
KANSAS	39	780	KANSAS	32	440
KENTUCKY	27	324	KENTUCKY	15	240
LOUISIANA	30	480	LOUISIANA	28	450
MAINE	31	715	MAINE	10	115
MARYLAND	35	570	MARYLAND		
MASSACHUSETTS		2,177	MASSACHUSETTS		1,405
MICHIGAN	95	1,425	MICHIGAN	33	485
MINNESOTA	200	5,401	MINNESOTA	64	1,382
MISSISSIPPI			MISSISSIPPI		
MISSOURI	39	980	MISSOURI	21	417
MONTANA	22	300	MONTANA	20	250
NEBRASKA	27	700	NEBRASKA	30	1,200
NEVADA			NEVADA		
NEW HAMPSHIRE	2	30	NEW HAMPSHIRE	2	12
NEW JERSEY	83	2,490	NEW JERSEY	52	3,120
NEW MEXICO	22	270	NEW MEXICO	14	360
NEW YORK	206	2,000	NEW YORK	128	1,450
N. CAROLINA			N. CAROLINA		
N. DAKOTA	24	884	N. DAKOTA		
OHIO	263	3,721	OHIO	92	1,533
OKLAHOMA			OKLAHOMA		
OREGON	72	1,440	OREGON	44	880
PENNSYLVANIA	61	1,220	PENN.	45	1,200
RHODE ISLAND	28	492	RHODE ISLAND		
SOUTH CAROLINA	15	300	S. CAROLINA		
SOUTH DAKOTA	25	610	S. DAKOTA	4	85
TENNESSEE			TENNESSEE		
TEXAS			TEXAS		
UTAH	20	400	UTAH		
VERMONT	20	426	VERMONT	17	191
VIRGINIA	108	1,620	VIRGINIA	50	500
WASHINGTON	111	2,525	WASHINGTON	48	1,123
WEST VIRGINIA			W. VIRGINIA		
WISCONSIN	105	5,077	WISCONSIN	40	1,346
WYOMING	12		WYOMING	12	



The National High School Gymnastic Coaches Association would like to honor All American Gymnasts for the 1974-1975 school year.

#### A. The Qualifying Standards are:

Long Horse	8:00
Floor Exercise	8:00
Parmed Horse	8:45
Horizontal Bar	8:45
Parallel Bars	8:40
Still Rings	8:45
Trampoline	8:00
All Around	47:00 or a 7:00

average for all the events contested in the All Around

#### B. Method of Qualifying

To qualify a gymnast for this award, a coach must submit an average score, based on the best two (2) scores for an optional routine.

1. The coach must be a current member of the NHSCA.
2. At least two of the scores must be from a tournament of at least five or more teams.
3. An average score must be used. (At least two judges.)
4. Score sheets, or photocopies of the score sheets, with the signature of a judge and athletic director must be submitted with the average score.
5. National Federation Rules and Interpretations will be the basis for routine scores.

#### C. Include with the Nomination:

1. A picture of the Gymnast Action shot if possible.
2. Age of Gymnast
3. Grade of Gymnast
4. Events worked by the Gymnast
5. Winning routine(s) of the Gymnast
6. Future goals of the Gymnast.

#### D. Deadline for nominations for 1975 is June 1, 1975. Send to:

Don Jackson  
Aurora Central High School  
1050 Newark Street  
Aurora, Colorado 80011

# Men's USGF Junior Olympic Age-Group Program

## Tip: USGF Regional and State Technical Directors:

The enthusiasm shown throughout the country for the Men's USGF Junior Olympic Age Group Program has been gratifying. The new Men's Rules for Competition 1975-78 is being adopted all over the country and has been adopted by the AAU and the YMCA's. These exercises are graduated exercises leading to the Olympic Exercises, thereby creating a proper path to the Olympic Games.

## JUNIOR OLYMPIC NATIONAL CHAMPIONSHIPS

- A. The USGF Junior Olympic National Championships is a conclusion to all the USGF Local, Sectional, State and Regional Meets.
  1. Local and Sectional meets may be held at any time prior to May.
  2. USGF Junior Olympic State Meets will be held in May of each year.
  3. USGF Junior Olympic Regional Meets will be held in June of each year.
  4. USGF Junior Olympic National Championships will be held in July of each year.
- B. Eligibility for entry
  1. Junior Division (ages 12-14) gymnasts who score a combined total (Compulsory & Optional Exercises) of 75.0 points using the Intermediate Compulsory Exercises in USGF Jr. Olympic Regional Meet are eligible to compete in the Junior Division. Limit 3 entries per Region.
  2. Senior Division (ages 15-18) who score a combined total (Compulsory & Optional) of 80.0 points using the Advanced Compulsory Exercises in a USGF Jr. Olympic Regional Meet are eligible to compete in the Senior Division. Limit 3 entries per Region.

The USGF Junior Olympic National Championships for Men will be held at the University of Iowa in Iowa City, Iowa, on July 18, 19, 1978. The competition will be for the Junior Division 12 to 14 using the Intermediate Compulsory Exercises, and the Senior Division 15 to 18 using the Advanced Compulsory Exercises. There will be a limit of 3 boys (and two) allowed to compete from each region in each of the two Age Groups.

The top ten (10) boys in the Senior Division (15 to 18) and the top five (5) boys in the Junior Division (12 to 14) will be invited to remain at the University of Iowa to attend a 4 week USGF Olympic Development Training Camp from July 20 to August 15. The emphasis will be placed on the development of correct techniques and training methods to improve our showing in Olympic Games, and to better prepare our gymnasts for compulsory exercise training.

The first USGF Olympic Development Training Camp last year was a tremendous success and the USGF will recruit the finest coaches available to duplicate or exceed the success of 1974.

For the USGF  
Frank J. Connelley

## REGIONAL DIRECTORS

### REGION

1. HAROLD FREY — Gymnastics Coach, U. of Cal., Berkeley, Cal. 94720
2. ERIC HUGHES — Gymnastics Coach, U. of Wash., Seattle, Wash. 98195
3. ROBERT COWAN — 6705 Marilyn Lane, Fort Worth, Texas 76118
4. FRED ROETHLISBERGER, Gymnastics Coach, U. of Minn., Minneapolis, Minn. 55415
5. WILLIAM ROETZHEIM — Athletic Director, U. of Ill., Box 4348, Chicago, Ill. 60680
6. VINCENT POZZUOLI, 28 Ledge Ave., New Canaan, Conn. 06840 (203-966-8837)
7. NED CROSSLEY — Gymnastics Coach, USMA, West Point, N.Y. 10996
8. JACK MILES — Miles Gym Club, 2030 Sunset Strip, Ft. Lauderdale, Fla. 33313

# Coaches Called Uninformed About Nutritional Needs

By ANNE CRILL

Star Food Editor

More food faddies are found among athletic coaches than elsewhere, say two Tucsonans who are involved with coaching activities in town.

Following the word of coaches "like they were gods," can do considerable nutritional harm, declared Dr. Edward T. Sheehan, associate professor at the University of Arizona.

He said that coaches have "first-hand philosophies" on nutrition, "often based on special diets they learned about when they were kids, or heard about somewhere."

Dr. Sheehan and home economist John Camp, a 4-H expert, currently coaching coaches of Little League and other youth groups about the nine food groups in athletics, spoke to more than 300 members of the Arizona School Food Service Association weekend in Chandler. The two pointed out the hazard of overlooking the amount of proteins and fats in the diet of athletes, especially just before a game.

"Protein is a problem in that it's over-emphasized," declared Dr. Sheehan, who is currently teaching a class in nutrition to UA physical education majors.

Some coaches urge their players to have steak and eggs steak, sometimes only three to four hours before a game, he pointed out. "It's better to have it the night before the game, because steak contains fat and fat slows down digestive processes. Steak can still be in the stomach eight hours later."

"On the day of the game, athletes should have something light. There is a psychological benefit from a big meal, perhaps, but it is nutritionally unsound." However, no food at all is also bad, he added.

The body requires protein, the nutritional explained to make up cells, to repair and to maintain. Steak is no better than other animal sources of protein such as chicken or fish, while being less desirable because of its fat content, he said.

"But if you follow the old view that when a little is good, a barrel is better, you're making a big mistake with protein."

He said the biggest danger because after the mental trigger from the protein is used to maintain and repair, any nitrogen that is leftover is thrown off through the kidneys.

"On the average," Dr. Sheehan said, "we take in 120 grams of protein daily, when we need only 60 or less. Some people even eat five times too much. They go on protein powders or high protein diets."

He regards this as dangerous. "The long-term effects of too much protein are hard to measure, we just don't know where today's damage will begin."

Another area of over-consumption, he said, is vitamins. "Some people attribute too much to them. They are chemical compounds with particular jobs to do, they are effective in small amounts, but they do not supply energy."

He said their function is to breakdown nutrients (make them usable) — so as needed.

He said no vitamin is so important as it is thought to be. Vitamin C, because both are water soluble. "You don't store what's taken in beyond your needs. Excesses do not do any good and are merely thrown off through the kidneys."

During stress or illness, however, Vitamin C needs can be increased temporarily, the nutritional said.

In describing the short course for coaches of Little League and other groups, Miss Camp said the emphasis is put on the importance of vitamins to have a strong, healthy team.

"We've learned that youngsters don't learn as fast as we tell them they should eat foods from the basic four food groups each day."

"But if I explain to the coaches that the right foods will provide the team members with plenty of energy, they will let me. And when the coach passes on this information, the child will go home and say, 'Hey, Mom, coach says I must eat this for breakfast.'"

The home economist said information on the course and booklet is available from the Pima County office of the UA Cooperative Extension Service. She said there has been good response from coaches since the program was introduced last year.

Miss Camp estimated that a reasonably active boy, age 10 to 12, weighing 70 pounds and 50 inches tall, needs 2,500 calories per day. One who is 13 to 14, weighs 95 pounds and is 59 inches tall, needs 3,000 calories. Girls require a little less. These figures are for maintenance and growth. For those with more activities, calories should be increased.

She said she advises the coaches "to keep the programs realistic on the right side and avoid too many sweets — too much sugar draws the fluid from the body and causes dehydration. It's better to have the chocolate bar after the game."

A good mix for a pre-game meal, eaten several hours before the game, is 400 calories, the said, and supplementary vitamins should be components of a well-balanced food selection followed.

She listed four meals and asked the school food serving people which would be better for the pre-game meal: 3 eggs, steak, green beans, bread, honey and cool tea; spaghetti with meatballs, tossed salad, bread, applesauce and milk; hamburger, egg, lettuce and tomato; brownie and rice (and two hot dogs, French fries, cake and candy).

The best selection would be the spaghetti with meatballs recipe, because it contains a moderate amount of protein and food from all four food groups, and because it is low-fat and would be digested and out of the stomach if eaten three or four hours before a game.

Second choice was the hamburger menu (provided the child already had drunk sufficient milk or was allergic to milk). Both the spaghetti menu and the hot-dog menu were turned down, the first because it was too high in slow-digesting proteins and the second because both the hot dog and the French fries were too high in fat.

"Three hot dogs would be hard on the stomach too long for an athlete to eat them and play," said three or four hours later, Miss Camp explained.

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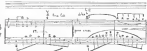
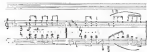
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# Olympic Compulsories

WOMEN



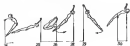
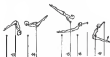
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# UNEVEN

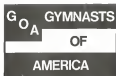
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## HALL OF FAME



## WALTER LIENERT

**WALTER JOHN LIENERT**  
Indiana polo, Indiana

Born in Chicago, Lienert was graduated from Indiana University in 1950. He competed in Gymnastics for Indiana. He served in the U.S. Navy during World War II. He authored "The Modern Girl Gymnast on the Uneven Parallel Bars." He organized the Indiana Gymnast Association in 1957 and instituted Indiana statewide novice-Gymnastic meets beginning in 1958. He directed the Women's National A.A.U. Gymnastic Championships in Indianapolis in 1968 and has served as a coach and judge of Gymnastics on State, National and Olympic Games levels, being a member of the U.S. Olympic coaching staff at Melbourne in 1960. Since 1968, he has conducted Lienert's Gym Camp pointing toward the development of youthful gymnasts. He has developed and coached such notables as Marci Grossfeld (Doris), Myra Perkum, Sandra Ruckhik and Sharon Phelps during the mid and late 60's.

## HALL OF FAME

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